



#MyLouisianaSexEd

Selfie Advocacy

SELF-ADVOCATES CAN STAND UP TO SAY WE NEED COMPREHENSIVE
SEX EDUCATION IN PUBLIC SCHOOLS IN LOUISIANA

What was
your sex
education
experience?

1. Complete a **#MyLASexEd** card

2. Take a Selfie

3. Post on Twitter and Instagram -
#MyLASexEd

4. Tag us!

Twitter **@LiftingLA**

Instagram **@LiftLouisiana**

5. Email us at **info@LiftLouisiana.org**

What do I say?

HERE ARE SOME QUESTIONS TO HELP GET YOU STARTED:

Did your high school provide sex-ed?

Did you feel like your sex-ed gave you a better understanding of human sexuality, intimacy, and sexual health?

Did you learn about contraception or teen pregnancy?

Were you given any medically inaccurate information?

Did your sex-ed prepare you for sexual encounters in anyway?

If you didn't get sex-ed in school, where did you get it from? Friends, family, the Internet, books, etc?

Did you or anyone you know suffer from negative consequences as a result of poor sex-ed?

What would you change about your sex-ed experience?

Do you have any specific stories about your sex-ed experience?



#MyLouisianaSexEd

Please complete the following information

1. Name: _____ []

2. Address, City, State: _____

3. Phone: _____

4. Email: _____

5. Name, City and State of High School: _____

6. Private, public or school: _____

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Taught me...



Video Story Sharing Guidance

With high rates of STDs and unplanned pregnancies among young people in Louisiana, lawmakers need to hear from you!!!

Videos allow you to share your stories about what, if any, information about sexual health you received in high school.

Then we can share your stories with lawmakers to make sure they understand that Louisiana needs Comprehensive, Sexual Health Education now.

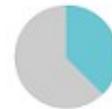
So now get started collecting stories from students on your campus.



SYPHILIS CASES have risen steadily since 2003.



HIV prevalence continued to rise among young people over the last decade



YOUNG PEOPLE OF COLOR constitute a disproportionate number of all cases of sexually transmitted diseases.



Tips for Making Videos Using Your Phone

You don't need a ton of expensive equipment to film and edit engaging videos -- you just need to follow the steps above to film something that looks great!

1. Find a quiet place to film.

This might seem obvious, but if you're filming at school or out in public, the sight of a phone might not tip people off to keep the volume down if they're nearby. If possible, book a meeting space in the dorms or library, hang signs telling people to steer clear of where you're shooting, or bring a friend with you to block off the area where you plan to film.

2. Make sure your iPhone has enough storage space.

Make sure you have enough space before pressing "record." Delete as many unnecessary files and apps as you can.

3. Turn off notifications.

Before you start filming, set your phone to Do Not Disturb mode to keep notifications going in the background so you can film uninterrupted.

4. Use a tripod and microphone.

If you're concerned about holding the phone steady without shaking, you might consider using a tripod. You don't need a fancy microphone and boom setup like in the movies, You can use something as simple as a microphone that plugs into your phone's headphone input to get great audio for your videos. You can ask if your film/media department at school have these for students to use.

5. Light your video.

You need enough light to give the impression of natural light, which means it's coming from a variety of different light sources, and not just directly overhead.

6. Film horizontally.

It makes more sense to film horizontally so your video can be viewed if the user rotates his or her phone, or is watching on a large tablet or computer screen.

7. Don't use the iPhone's zoom capability.

Simply put, iPhone's zoom will most likely make your video look bad.

8. Lock your exposure.

When it comes to filming a video, your phone's super-powered exposure will continue adjusting and readjusting according to movement -- leaving your final video occasionally blurry and out of focus.